

SAFETY MESSAGE

Personal Safety is our #1 priority



HEAT STRESS, Compiled by USDA-APHIS-CCEP

Be Prepared

- DRINK PLENTY OF FLUIDS (I.E. WATER, JUICE, ETC...)
- DO NOT DRINK DIURETICS SUCH AS COFFEE OR TEA
- KEEP YOUR BODY TEMPERATURE COOL BY:
 1. WEARING A PROPER HAT
 2. WEARING LOOSE CLOTHING
 3. SEEKING SHADE WHEN PRACTICAL
- IF FEELING WEAK OR FAINT NOTIFY YOUR SUPERVISOR
- GET PLENTY OF REST
- EAT A HEALTHY DIET (I.E., FRUITS & VEGETABLES)
- STAY IN GOOD PHYSICAL CONDITION